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Our Special Lens and Surface Grinding Division is the Largest Plant of its kind in the world.

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M. H. Harris
Optician and Optician

1007 Broadway, near Williamsburg, Brooklyn
450 Fulton St., opposite A. & S. Brooklyn
233 Broad St., next to Strand Co., Newark

HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength and Figure

BY PAULINE FURLONG

In a recent article I told you about the different kinds of foods necessary for the body's upkeep—proteids, carbohydrates, fats and minerals—and mentioned the fact that the proteids were the most important of all these, as they form 16 per cent. of the weight of a man. Proteid is from the Greek word, meaning "I hold first place," and is the recognized essential food for supplying the building material for the body—tissue, skin, muscle, osseous of bone and other necessary elements. It is found most abundant in the gluten of flour, white of egg, curd of milk and lean and gristle of meat.

Medical authorities agree that a growing child requires a greater amount of proteids, or body-building material, than a grown person, on account of the great amount of energy expended by them during their daily activity. Proteids, especially meats, supply a large amount of energy in a short space of time and are taken in quantities by athletes and others in training where great feats of strength are required.

The full grown person demands less of the proteids, or body building foods, unless continually under physical strain, and the habit of excessive feeding, after one is past the early twenties, is one of the greatest causes of obesity, indigestion, chronic dys-

pepsia, and constipation. It is for this very reason that I am constantly advising less food and more exercise for those who suffer from common disorders, caused by the above diseases.

Women really need about four-fifths as much food as men, because they are usually so much shorter and lighter in weight, yet many of them eat much more than most men. Eating slowly and masticating the food will lessen the desire for it, and those who cultivate the habit of eating without indulging in liquids of any sort will find that they are satisfied with much less food.

Start the day with a cup of hot water, and if stout, add the juice of half a lemon. Water removes the mucus coating from the stomach and tends to tone it up for the day.

Letters From Readers of Miss Furlong's Articles.
WANTS MEASUREMENTS.—MRS. E. C. R. writes: "Will you kindly tell me what I should weigh and measure? I am five feet six inches tall and weigh 155 pounds."
You should weigh about 145 or less. Surely no more. Waist, 32; forearm, 10; upper arm, 11; neck, 13.5; chest, 36; bust, 37.5; waist, 25.5; hips, 35.5; thighs, 23.2; calf, 14.3; ankle, 8.4.

WANTS TO LOSE WEIGHT.—MRS. H. C. asks: "Will you please tell me if wearing a rubber belt or stomach supporter will help to reduce my stomach? I cannot wear a corset, no matter how loose I wear it. I have been taking the exercises for two months and have only lost 10 pounds. I am five feet four inches tall and weigh 225 pounds, and am only thirty-four years old."
Hard, persistent work and proper diet—in fact, less foods of all kinds—and deep breathing will quickly reduce you.

STIFF KNEE.—MRS. J. H. writes: "Your exercises for indigestion and constipation are certainly wonderful and have been very beneficial to me. Since using them I find I am so much improved in both appearance and health. I would be so happy if you could advise me of an exercise to relieve stiff knee and rheumatism. I am sure you know of some for this trouble also."

A FOUR WEEKS' COURSE IN Obesity Reduction

Will be conducted by Miss Furlong in The Evening World, commencing next Monday for the benefit of readers who have been interested in her work with 210-pound Mrs. St. James.

Miss Furlong will arrange a schedule of diet and exercise to cover a period of four weeks with instructions governing each day's work. All exercises will be fully described and illustrated.

START WITH HER NEXT MONDAY and keep her informed of your progress. A chart will be printed for you to keep a record of results. Miss Furlong will answer in The Evening World any questions you may ask to help you in following the course.

ORDER THE EVENING WORLD FROM YOUR NEWSDEALER IN ADVANCE AND INSURE HAVING THE COMPLETE COURSE.

SUPERFLUOUS HAIR.—MRS. T. writes: "I find that the barum sulphide for removing superfluous hair makes the skin sore and burns it. Is there not something that I could mix with it to prevent this?"

All preparations for removing superfluous hair will irritate the skin more or less, as they are powerful irritants. Rub a little olive oil on the skin after using the barum sulphide to prevent the irritation.

HAS HER GUEST HELD ON FORGERY CHARGE
Ray Howard Says His Arrest in Flat Is Case of Pure Spite.

A quarrel in the apartment of Miss Elizabeth L. Moore at No. 236 West Fifth Street, shortly after 1 o'clock this morning, resulted in the arrest of Ray L. Howard, twenty-six years old, of No. 210 West Fifty-sixth Street, who says he is in the auto routine business.

Patrolman Fuchs of the West Forty-seventh Street Station was called in by Miss Moore and asked to compel Howard to leave. Another woman in the apartment claimed she was sharing it with Miss Moore, and told the patrolman Howard was her guest and could not be put out.

When Fuchs declined to arrest the man Miss Moore telephoned a lawyer, and after conferring with him made a forgery complaint against Howard. She said he had taken a telephone company rebate check for \$6 on Aug. 1 and forged her indorsement to it. Howard denied the charge and said he had cashed the check through his bank as a favor.

"It is a case of pure spite work," Howard said at Police Headquarters this morning after he spent the night in a cell. He said he would have witnesses in court, when arraigned, to prove his innocence.

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1417-1423 THIRD AVENUE
NEAR 80TH STREET

FURNITURE
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Open Every Evening Till 9 P. M.

Holzwasser's Home Talk No. 13

Why you should buy your furniture at Holzwasser's. Why does every discriminating family buy at Holzwasser's? Because you get BETTER furniture and save money. Reason is our LOW RENTS—out of high rent district—makes LOW PRICES.

Comparison will convince you that we are best.

Easily Accessible from West Side by 86th or 90th Street Crosstown Cars.

OUR LIBERAL TERMS

Value of Goods \$100.00
Deposit \$10.00
Balance \$90.00
Weekly \$10.00
Total \$100.00
If you pay \$10.00 weekly for 10 weeks you can have your goods for cash.

4 Rooms All \$123
Complete
Including Bed, Bath, Kitchen, and Living Room. A Great Value.

5 Rooms All \$275
Complete
Including Bed, Bath, Kitchen, and Living Room. A Great Value.

3 Rooms Furnished Complete, \$65
Terms apply also to New York, State, New Jersey, Connecticut. We Pay Freight and Railroad Fare. Delivery by Our Own Motor Trucks.

Third Floor.
Macy's
Broadway.
Herald Square, Broadway, 34th to 35th St.

Important Clearance Sale of Women's Suits and Skirts

169 Suits and 104 Skirts offered in this January sale of some of our most desirable Winter models. These garments are all in excellent style, and are being placed on sale according to our custom of reducing all our fine

Winter merchandise at this season of the year to make room for our incoming Spring styles.

These suits are made in the smartest styles, many of them are trimmed with furs of superior quality. The materials used include broadcloth, velveteen, gabardine and corduroy. The colors are black, blue, brown, green, taupe and plum. The two suits illustrated are typical of the models included in this sale.

Suits were \$28.75, now **\$13.74**
Suits were \$34.75, now **\$19.74**
Suits were \$42.75, now **\$24.74**
Suits were \$48.75, now **\$28.75**
Extra sizes in many of the models.

Among the skirts are plaids, checks, and various mixtures, besides the plain colors. Many are in the popular circular, semi-circular and plaited models. In the following materials, broadcloth, velveteen and gabardine. Pockets are featured in some of these models.

Skirts were \$5.94, Now **\$3.89** Skirts were \$8.94, Now **\$5.94**
Skirts were \$7.94, Now **\$5.49** Skirts were \$10.74, Now **\$8.94**
Macy's—Third Floor, Centre.

Children's Coats and Hats

At Farewell Prices
GOOD news for little ones of two to six years, and especially interesting to mothers, as these charming Hats and Coats have been reduced, in many instances to less than HALF their former prices.

Children's Hats at 46c to \$4.89
Macy's Usual Prices were 94c to \$9.74
Quaint little toques, turbans, flares, mushrooms and poke effects, in all desirable colors. Made of velvet and corduroy—some with fur trimming; others have large ribbon bows, rosettes, flowers, etc.
Macy's—Third Floor, 35th Street.

Children's Coats, \$2.29, \$2.89, \$3.89, \$4.89 and \$8.74
Macy's Usual Prices were \$3.89 to \$12.74
The fabrics are Velvets, Corduroys, Zibelines, Broadcloths, Fancy Mixtures, fur or velvet trimmed. Empire and long waist models, with belts, pockets, etc. Lined with silk or fine satin and interlined. All colors.

Macy's
Herald Square, Broadway, 34th to 35th St.

Sale Continues
All of This Week
Macy's
Herald Square, Broadway, 34th to 35th St.
Use 35th and Broadway Entrance

Annual Clearance Sale All This Week of Men's and Young Men's Winter Suits and Overcoats

Every Winter Suit and Overcoat (except only the blue and black Suits) in the superb Macy stock at prices from 20 to 30 per cent. under the regular Macy prices, which in themselves were lower than sale prices quoted elsewhere.

In fabric, style and tailoring the garments in this Sale are all that the men of New York have come to expect in Macy Sales. The values and the assortments are unprecedented.

The Sale began at 9 o'clock this morning, and while the selling throughout the day has exceeded our expectations, there remains a full range of sizes and models.

To begin with, the stock was the largest we have ever offered in the long series of our annual sales, and for this reason the rush of business today failed to deplete assortments to the point of rendering selections difficult for late comers.

You will find your Suit or Overcoat here tomorrow. Note the prices:

Suits and Overcoats that were \$16.75 and \$18.50 Now **\$12.75**
Suits and Overcoats that were \$24.75 and \$29.75 Now **\$21.50**
Suits and Overcoats that were \$19.75 and \$22.50 Now **\$15.75**
Suits and Overcoats that were \$29.75 and \$32.50 Now **\$23.50**
Suits and Overcoats that were \$24.75 and \$27.50 Now **\$18.75**
Suits and Overcoats that were \$38.50 and \$54.75 Now **1/4 off**
Macy's—Fifth Floor, Front.

The Sunday World's Want Directory

makes more "Offers or Positions" than any other two mediums in the universe.

New Modes in Lingerie

Attractively Priced



Each day adds some interesting item to our comprehensive stock of fine lingerie. Care is exercised in the selection of the best fabrics—and the trimmings would please the most critical of our patrons.

Night Gowns, 89c Night Gowns, \$1.29

More than 25 styles, one of which is illustrated above. Square, round and V necks; lace insertions, face motifs, embroidery, embroidered insets, hemstitched points, shirtings and hand-stocking form the trimming. Made of white nainsook and flesh batiste. Empire and Coatee models; an initial gown of flesh batiste has the new Kindergarten stitch; Nainsook Embroidery model with dainty embroidery edge and beading. Hand-stocked batiste with Val lace and ribbons.

Night Gowns, \$1.89 Night Gowns, \$2.89

Half a dozen charming models, including Empire effects, with deep yokes of lace and embroidered organdie; sheer nainsook with pin tucks and broad bands of fillet lace; square neck style, box-pleated back and front, trimmed with ribbon and lace.

Night Gowns, \$3.49 Night Gowns, \$3.89

Various styles in round, square, and V necks; Empire models of very fine nainsook; some trimmed with dainty Val lace insertions and long ribbon ends; fancy sleeves caught with tiny bows.

Envelope Chemises, 89c

Several dainty models trimmed back and front with Val lace insertions and motifs; trimmed at bottom to match.

Envelope Chemises, \$1.89 Envelope Chemises, \$1.29

Elaborate models with trimmings of embroidered organdie, Val lace insertions, ribbon bows, tucks, etc. Trimmings back and front; also at bottom, in novel design and finished with tiny ribbon bows.

Envelope Chemises, \$2.89

Empire style of fine nainsook with deep yoke of embroidered organdie; bands of point d'esprit through which satin ribbon is drawn. Gown to match at same price.

Combinations, 89c

A dozen pretty styles, including semi-princess effect of fine nainsook trimmed with lace motifs and insertions; others with deep yoke effects of embroidered organdie and lace; some with dainty embroidery edge and hemstitching. All-over embroidery in eyelet design.

Macy's—Third Floor, Rear.

Dainty Lingerie

Crepe de Chine and Tub Satin

Camisoles, 94c Combinations, \$1.89

Three styles of flesh and white Crepe de Chine and washable satin. Wide insertions of fillet and Val lace or effective bands of novelty lace.

Night Gowns, \$2.89

Excellent quality Crepe de Chine in flesh and white; tailored effect with simple hemstitching and ribbon bows.

Macy's—Third Floor, Rear.

Sharp Reductions on

Imported Venetian Underwear

Hand-Made and Hand-Embroidered In Two and Three-Piece Matched Sets

Night Gowns, \$18.74, \$12.89 Night Gowns, \$26.75, \$18.89

Chemise to match \$14.74, \$9.89 Chemise to match \$18.74, \$12.89
Drawers to match \$15.74, \$9.89 Drawers to match \$18.74, \$12.89
Night Gowns \$49.75, \$37.75 Chemise to match \$18.74, \$12.89
Chemise to match \$22.75, \$14.89 Drawers to match \$18.74, \$12.89
Night Gowns \$22.75, \$14.89 Night Gowns \$39.75, \$27.89
Combinations \$54.75, \$37.75 Chemise to match \$18.74, \$12.89
Night Gowns \$35.75, \$23.89 Drawers to match \$18.74, \$12.89
Chemise to match \$18.74, \$12.89 Drawers to match \$19.74, \$12.89

In Addition, We Are Offering

Rare Values in French Underwear

At Greatly Reduced Prices

VERY stitch in these garments is made by hand; the hand-embroidered designs are the perfection of needle-art. Fashioned of the sheerest fabrics, they appeal to women of fastidious taste.

French Night Gowns Now \$1.29, \$3.89, \$4.89, \$7.89

Were \$2.49, \$4.89, \$5.89, \$10.74

French Combinations Now \$2.89, \$5.89, \$6.89

Were \$3.89, \$7.74, \$8.74

French Camisoles Now \$1.89, \$2.89, \$3.89

Were \$2.89, \$3.89, \$4.89

French Night Gowns Now \$1.89, \$2.89, \$3.89

Were \$2.89, \$3.89, \$4.89

French Combinations Now \$2.89, \$5.89, \$6.89

Were \$3.89, \$7.74, \$8.74

French Camisoles Now \$1.89, \$2.89, \$3.89

Were \$2.89, \$3.89, \$4.89

French Night Gowns Now \$1.89, \$2.89, \$3.89

Were \$2.89, \$3.89, \$4.89

French Combinations Now \$2.89, \$5.89, \$6.89

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French Combinations Now \$2.89, \$5.89, \$6.89

Were \$3.89, \$7.74, \$8.74

French Camisoles Now \$1.89, \$2.89, \$3.89

Were \$2.89, \$3.89, \$4.89

French Night Gowns Now \$1.89, \$2.89, \$3.89

Were \$2.89, \$3.89, \$4.89

French Combinations Now \$2.89, \$5.89, \$6.89

Were \$3.89, \$7.74, \$8.74

Macy's—Third Floor, Rear.